

CERTIFICATE

OF ACHIEVEMENT

Lam Kok Wai

BIB NO. A401362

CATEGORY 42KM Malaysian

RANKING

Distance (Overall): 1091/4782

Category: 916/3923

Gender (Overall): 916/3923

FINISH TIME

Gun Time: 4:58:31

Net Time: 4:52:58

Pace: 6:57

Speed: 8.6

SPLIT TIME

KM5.0: 31:17

KM10.0: 1:01:45

KM15.0: 1:33:08

KM20.0: 2:04:23

KM25.0: 2:37:20

KM30.0: 3:14:52

KM35.0: 3:54:54

KM40.0: 4:32:04



Patricia Tan

CEO OF SCORE Sports
Management Sdn Bhd

